


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00 Adult Coloring & Music 6 1:00-2:00 Redeemer Church Service 1 1:45-3:00 Dollar Tree Shopping Trip 7,8 3:15-4:00 Sing Along Songs 6	9:30-10:30 Morning News 1 10:30-11:15 Manicure Monday 5 2:00-3:00 Bingo 4 3:45-4:15 Labor Day Craft 3 <small>Labor Day</small>	10:15-11:00 Genesis Fitness 2 1:00-2:00 Bingo 4 2:00-3:00 "The roaring twenties presentation" (B) 6 3:15-3:45 Ice Cream & Music Social (B) 4	10:00-10:30 Chefs Meeting 3 11:00-1:30 Lunch at Cracker Barrel (\$) 8 2:00-3:30 Kroger Shopping Trip 8 4:00-4:30 Sing Along Songs 6	10:15-11:00 Genesis Fitness 2 11:15-11:30 Catholic Communion (L) 3 1:30-2:30 Bingo 4 3:00-4:00 Farmers Market Trip (Christiansburg) 8	10:00-11:00 Cookie Decorating & Coffee (A) 3 1:00-1:30 Float Friday 4 2:00-3:15 Auction 3 3:30-4:30 Music with Robbie & Betty Vance (B) 6	11:00-11:30 Word Games with Melinda (A) 1 2:00-3:00 VT Helping Paws 5 2:00-3:00 Bingo 4 3:30-5:00 Movie (A) 4
10:00-11:00 Adult Coloring & Music 6 1:00-2:00 Bingo 4 2:00-2:30 Blacksburg Church Service 1 NATIONAL ASSISTED LIVING SPIRIT WEEK BEGINS! <small>Grandparents' Day</small>	10:00-11:00 Manicure Monday 5 2:00-3:00 Tea Party with RSVP (A) 4 3:00-4:00 Bible Study with Jim (A) 3 Pajama Day!	9:30-10:00 Blind Folded Beauties (A) 5 10:15-11:00 Genesis Fitness 2 2:00-3:00 Bingo 4 3:45-4:15 Let's get to know each other! (A) 4 Tacky Day!	10:00-11:30 Morning Science Ride 7,8 1:00-2:00 "Guess that Dessert" Tasting 5 2:00-3:00 "One more time performance" (B) 6 3:00-4:30 Kroger Shopping Trip 8 Favorite Team Day!	10:15-11:00 Genesis Fitness 2 11:15-11:30 Catholic Communion (L) 3 2:00-3:00 Scavenger Hunt 3 3:30-4:30 Music with Sunnyside Band 6 Decade Day!	10:00-11:00 Hot CoCo 13 Crafts 3 1:00-2:00 Bingo 4 2:30-3:30 Float Friday & Fun Games 4,5 3:45-4:15 Sing Along Songs 6 Camo Day!	10:00-10:30 Morning News and Coffee (A) 1 2:00-3:00 Bingo 4 3:45 Popcorn & Movie 4
10:00-11:00 Adult Coloring and Music 6 1:00-2:00 Bingo 4 3:00-4:00 Providence Church Service 1	10:00-10:45 Joel Osteen Morning Devotions (A) 1 1:00-2:00 Manicure Monday 5 3:00-4:00 Bingo 4	10:15-11:00 Genesis Fitness 2 1:30-2:00 Finish the phrase (A) 1 2:00-3:00 Bingo 4 3:00-3:45 Sing Along Songs 6	10:00-11:00 Short talk and craft with Linda (A) 3 1:00-1:45 Ice Cream Social (B) 4 2:00-3:30 Kroger Shopping Trip 8 3:45-5:30 Dinner at O' Charley's (\$) 8	10:15-11:00 Genesis Fitness 2 11:15-11:30 Catholic Communion (L) 3 11:30-1:00 Lunch @ Blacksburg Fellowship Church 7 1:45-3:00 AUCTION (A) 3 3:30-4:00 Harp Music (A) 5	10:00-11:00 Craft Corner 1:00-1:45 Cookie Decorating (A) 3 2:00-3:30 ELVIS PRESLEY LIVE! (B) 6 4:00-5:00 Adult Coloring & Music (A) 6	10:00-11:30 Wilderness Trail Festival 7 2:00-3:00 Bingo 4 3:45-4:15 Conversation Ball Toss 4 <small>Oktoberfest Begins</small>
10:00-11:00 Adult Coloring and Music 6 1:00-2:00 Redeemer Church Service 1 2:00-3:00 Bingo 4 3:30-4:15 Sing Along Songs 6	10:30-11:30 Manicure Monday 5 1:00-2:00 Bingo 4 2:00-3:00 Men's Club 4 3:00-3:30 Cheese & Drink Pairing (A) 5 <small>Autumn Begins</small>	10:15-11:00 Genesis Fitness 2 10:30-11:00 Joy Singers 6 1:30-2:00 Word Games (A) 1 2:00-3:00 Bingo 4 4:00-5:00 Adult Coloring & Music 6	10:00-11:00 Valley Games Music & Memories 6 11:00-1:30 Lunch at Dairy Queen (\$) 8 2:00-3:30 Kroger Shopping Trip 8 4:00-4:30 Sing Along Songs 6	10:15-11:00 Genesis Fitness 2 11:15-11:30 Catholic Communion (L) 3 2:00-3:00 Card Making with Melissa 3 4:00-5:00 YEE-HAW HAPPY HOUR 4 (P) 5:00-6:30 NASHVILLE NIGHTS FAMILY DINNER 4	10:00-10:45 Resident Council 3 1:00-2:00 Bingo 4 3:00-4:00 Birthday Party 4 4:00-5:00 Adult Coloring & Music 6	10:00-11:00 Adult Coloring and Music 6 2:00-3:00 Bingo 4 3:00-4:30 The B & S Band (B) 4,6
10:00-11:00 Adult Coloring and Music 6 10:00-11:00 Gideons Church Service 1 2:00-3:00 Bingo 4 3:30-4:15 Sing Along Songs 6	10:30-11:30 Manicure Monday 5 1:00-2:00 Sing Along Songs 6 2:00-3:00 Bingo 4 3:45-5:00 Evening News 8 <small>Rosh Hashanah (first Day)</small>					

Key: (A) Activity Room (B) Bistro (P) Patio (L) Library (\$) Bring Money 1: Cognitive, 2: Physical, 3: Productive 4: Social, 5: Sensory, 6: Reflective, 7: Outdoor, 8: Nature/World

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-10:30 Stretch & Refresh 2 11:00-11:15 Music & Ball Toss 6 1:00-1:45 Craft Corner 3 3:00-3:30 Bowling 2	9:45-10:30 Manicure Monday 2 1:00-1:30 Labor Day Ice Cream Social 4 2:00-3:00 Sing Along Songs 6 3:15-3:45 Labor Day Craft with Snacks 3 <small>Labor Day</small>	9:45-10:00 Stretch & Refresh 2 10:00-10:30 Corn Hole 2 10:30-11:00 Folding & Flower Arranging 3 1:15-1:45 Corn hole 4 2:00-3:00 "The roaring twenties presentation" (B) 6 3:30-4:15 Bingo 4	9:30-9:45 Stretch & Refresh 4 9:45-10:30 Bingo 4 11:00-1:30 Lunch at Cracker Barrel 7,8 2:00-3:00 Sing Along Songs 6 3:45-4:15 Hydration Station & Walking Club 2	9:30-11:00 Morning Scenic Ride 5 1:15-2:00 Finish the Phrase 1 2:00-2:30 Hydration Station & Music Memories 6 3:00-4:00 Happy Hour 4	9:30-10:00 Stretch & Refresh 2 10:00-10:45 DIY Snacks 3 10:45-11:00 Walking Club 2 1:00-1:30 Float Friday & Music 3,6 3:30-4:30 Music with Robbie & Betty Vance 6	10:00-10:45 Word Games with Melinda 1 1:00-1:45 Ball Toss and Music 2,6 2:00-3:00 VT Helping Paws 5 2:45-3:30 Sing Along Songs 6
9:45-10:15 Bingo with Melinda 4 2:00-2:30 Blacksburg Church Service 6 2:30-3:30 Bubbles on the Patio 7 NATIONAL ASSISTED LIVING SPIRIT WEEK BEGINS! <small>Grandparents' Day</small>	9:45-10:00 Stretch & Refresh 2 11:00-11:30 Finish the Phrase 1 2:00-3:00 Tea Party with RSVP 4 3:00-3:30 Sensory Games 5 3:30-4:15 Manicures 5 Pajama Day!	9:45-10:00 Stretch & Refresh 2 10:00-10:30 DIY Snacks 3 10:30-11:00 Music memories & Coloring 6 1:00-1:45 Lets get to know each other! 4 3:00-3:30 Word Games & Hydration Station 1 Tacky Day!	9:30-10:00 Stretch & Refresh 2 10:00-11:00 "Guess that Dessert" Tasting 5 2:00-3:00 "One more time performance" (B) 6 3:15-4:00 Sing Along Songs 6 Favorite Team Day!	9:30-10:00 Stretch & Refresh 2 10:00-10:30 Walking Club 2 10:30-11:00 Music memories & Coloring 5 1:00-1:30 Scavenger Hunt 3 2:00-3:00 Sing Along Songs & Hydration Station 6 3:30-4:30 Music with Sunnyside Band 6 Decade Day!	9:30-10:00 Stretch & Refresh 2 10:00-11:00 Hot Coco & Crafts 3 1:00-2:00 Bingo 4 3:45-4:15 Float Friday & Fun Games 2,4 Camo Day!	9:30-10:00 Stretch & Refresh 2 10:00-11:00 Flower Arranging & Folding 3 1:15-1:45 Word Games & Hydration Station 1 2:00-3:00 Sing Along Songs 6 3:00-4:00 Popcorn and Movie 4
9:30-10:00 Stretch & Refresh 2 10:00-10:30 Hymns 6 10:30-11:00 Music Memories & Coloring 6 2:00-3:00 Bingo 4 3:00-4:00 Providence Church Service 3	9:45-10:00 Stretch & Refresh 2 10:00-10:30 Ball Toss, Music & Bubbles 2 10:30-11:15 Manicure Monday 5 2:15-3:00 Sensory Games 5 4:00-4:15 Ball Toss 2	9:45-10:00 Stretch & Refresh 2 10:00-10:30 Flower Arranging & Folding 3 10:30-11:00 Finish the Phrase 1 1:00-1:30 Walking Club 2 3:15-4:00 Word Games and Hydration Station 1	9:30-10:00 Stretch & Refresh 2 10:00-11:00 Bingo 4 1:15-1:45 Walking Club 2 2:00-3:00 Sing Along Songs 6 3:45-5:30 Dinner at O' Charley's 7,8	9:30-10:00 Stretch & Refresh 2 10:00-10:30 Walking Club 2 10:30-11:00 Corn hole 2 11:30-1:00 Lunch @ Blacksburg Fellowship Church 7,8 1:30-2:30 Music Memories & Coloring 6 3:00-3:30 Harp & Flute Music 5	9:30-10:00 Stretch & Refresh 2 10:00-10:30 Walking Club 2 10:30-11:00 Corn hole 2 1:00-2:00 Sing Along Songs 6 2:00-3:30 ELVIS PRESLEY LIVE! (B) 4 3:45-4:15 Walking Club & Hydration Station 2	10:00-11:30 Wilderness Trails Festival in Christiansburg 7,8 1:15-1:45 Walking Club & Hydration Station 2 2:00-3:00 Sing Along Songs 6 3:00-4:00 Popcorn & Movie 4 <small>Oktoberfest Begins</small>
9:30-10:00 Stretch & Refresh 2 10:00-10:30 Hymns 6 10:30-11:00 Music Memories & Coloring 6 1:00-2:00 Redeemer Church Service 3 3:15-4:00 Flower Arranging & Hydration Station 3	9:30-10:00 Stretch & Refresh 2 10:00-10:30 Flower Arranging & Folding 3 2:00-2:30 Bingo 4 2:30-3:00 Cheese & Drink Pairing 5 3:30-4:00 Sing Along Songs 6 <small>Autumn Begins</small>	9:45-10:00 Stretch & Refresh 2 10:00-10:30 DIY Snacks 3 10:30-11:00 Trivia & Fun Facts 1 1:00-1:30 Ball Toss & Music 2 2:00-3:00 Sing Along Songs 6 3:15-3:45 Hangman & Snacks 1 3:45-4:00 Walking Club 2	9:30-10:00 Stretch & Refresh 2 10:00-11:00 Valley Gate Music & Memories 6 11:00-1:30 Lunch at Dairy Queen 7,8 2:00-3:00 Sing Along Songs 6 3:45-4:15 Walking Club 2	9:45-10:30 Morning Scenic Ride 7,8 10:30-11:00 Coloring & Music 5,6 4:00-5:00 YEE-HAW HAPPY HOUR 4 5:00-6:30 NASHVILLE NIGHTS FAMILY DINNER 4	9:30-10:00 Stretch & Refresh 2 10:00-10:30 Resident Council 3 10:30-11:00 Corn hole 2 1:15-1:45 Float Friday 4 2:00-3:00 Music with Kelly 6 3:00-4:00 Birthday Party 4	9:30-10:00 Stretch & Refresh 2 10:00-11:00 Bingo 4 1:15-1:45 Walking Club & Hydration Station 2 2:00-3:00 Sing Along Songs 6 3:30-4:30 The B & S Band 6
9:30-10:00 Stretch & Refresh 2 10:00-11:00 Gideon's Church Service 3 1:15-1:45 Corn Hole 2 3:15-4:00 Bingo 4	9:30-10:00 Stretch & Refresh 2 10:00-10:30 Bubbles & Music 6 1:00-2:00 Bingo 4 3:15-3:45 Hydration Station and Sensory Games 5 <small>Rosh Hashanah (first Day)</small>					

September 2019

Memory Care: Activities Subject To Change Brittney Rakes 540.317.3463

1: Cognitive, 2: Physical, 3: Productive 4: Social, 5: Sensory, 6: Reflective, 7: Outdoor, 8: Nature/World